

Servings for Grains/Breads in the Summer Food Service Program

The chart below shows the required servings for the grains/breads component of the U.S. Department of Agriculture's (USDA) meal patterns for the Summer Food Service Program (SFSP). Grains and breads must be whole grain, enriched, or contain a blend of whole and enriched grains. Bran and germ credit the same as enriched and whole grains. For guidance on identifying whole and enriched grains, see the Connecticut State Department of Education's (CSDE) handouts, [Crediting Whole Grains in the SFSP](#) and [Crediting Enriched Grains in the SFSP](#). For information on the SFSP meal patterns, visit the CSDE's [SFSP Meal Patterns](#) webpage.

This chart applies to creditable commercial grain products. SFSP sponsors may also use this chart for creditable grain foods made on site, if the standardized recipe indicates the weight of the prepared (cooked) serving. For more information, see the CSDE's handout, [Calculation Methods for Grains/Breads Servings in the SFSP](#).

Each grain group includes similar products based on their average grain content. Some grain products (such as grain-based desserts) are high in sugar, salt, and fat. This should be a consideration when deciding how often to serve them. The CSDE recommends limiting grain-based desserts to no more than twice per week. Examples include animal crackers, graham crackers, cereal bars, granola bars, cookies, cake, and pastries. The chart below identifies grain-based desserts with footnote 1 (allowed only at snack) or footnote 2 (allowed only at breakfast and snack).

Group A	Minimum Serving Size for Group A
Bread-type coating Bread sticks, hard Chow mein noodles Crackers, savory, e.g., saltines and snack crackers Croutons Pretzels, hard Stuffing, dry (<i>weights apply to bread in stuffing</i>)	1 serving = 20 grams or 0.7 ounce ¾ serving = 15 grams or 0.5 ounce ½ serving = 10 grams or 0.4 ounce ¼ serving = 5 grams or 0.2 ounce
Group B	Minimum Serving Size for Group B
Bagels Batter-type coating Biscuits Breads, e.g., sliced whole wheat, French, Italian Buns, hamburger and hot dog Egg roll skins English muffins Pita bread, whole wheat or whole-grain rich Pizza crust Pretzels, soft Rolls, whole wheat or whole-grain rich Sweet crackers, e.g., graham crackers and animal crackers, all shapes ¹ Tortillas, whole wheat or whole corn Tortilla chips, whole wheat or whole corn Taco shells, whole wheat or whole corn	1 serving = 25 grams or 0.9 ounce ¾ serving = 19 grams or 0.7 ounce ½ serving = 13 grams or 0.5 ounce ¼ serving = 6 grams or 0.2 ounce

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Group C	Minimum Serving Size for Group C
Cookies, plain, including vanilla wafers ¹ Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ¹ , cobblers ¹ , fruit turnovers ² , and meat or meat alternate pies) Waffles	1 serving = 31 grams or 1.1 ounces ¾ serving = 23 grams or 0.8 ounce ½ serving = 16 grams or 0.6 ounce ¼ serving = 8 grams or 0.3 ounce
Group D	Minimum Serving Size for Group D
Cereal bars, breakfast bars, granola bars, plain ² Doughnuts, cake and yeast raised, unfrosted ² Muffins, all except corn Sweet rolls, unfrosted ² Toaster pastries, unfrosted ²	1 serving = 50 grams or 1.8 ounces ¾ serving = 38 grams or 1.3 ounces ½ serving = 25 grams or 0.9 ounce ¼ serving = 13 grams or 0.5 ounce
Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars, with nuts, dried fruit or chocolate pieces ² Cookies, with fillings or coverings, nuts, raisins, chocolate pieces or fruit purees ² Doughnuts, cake and yeast raised, frosted or glazed ² French toast Sweet rolls, frosted ² Toaster pastries, frosted ²	1 serving = 63 grams or 2.2 ounces ¾ serving = 47 grams or 1.7 ounces ½ serving = 31 grams or 1.1 ounces ¼ serving = 16 grams or 0.6 ounce
Group F	Minimum Serving Size for Group F
Cake, plain, unfrosted ¹ Coffee cake ²	1 serving = 75 grams or 2.7 ounces ¾ serving = 56 grams or 2.0 ounces ½ serving = 38 grams or 1.3 ounces ¼ serving = 19 grams or 0.7 ounce
Group G	Minimum Serving Size for Group G
Brownies, plain ¹ Cake, all varieties, frosted ¹	1 serving = 115 grams or 4 ounces ¾ serving = 86 grams or 3 ounces ½ serving = 58 grams or 2 ounces ¼ serving = 29 grams or 1 ounce

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Group H	Minimum Serving Size for Group H
Barley Breakfast cereals, cooked ³ Bulgur or cracked wheat Cereal grains, e.g., amaranth, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat Macaroni, all shapes Noodles, all varieties Pasta, all shapes Ravioli, noodle only Rice, brown or enriched white	1 serving = $\frac{1}{2}$ cup cooked (or 25 grams dry) $\frac{1}{2}$ serving = $\frac{1}{4}$ cup cooked (or 13 grams dry)
Group I	Minimum Serving Size for Group I
Ready-to-eat breakfast cereals (cold dry) ³	1 serving = $\frac{3}{4}$ cup or 1 ounce, whichever is less $\frac{1}{2}$ serving = $\frac{1}{3}$ cup or $\frac{1}{2}$ ounce, whichever is less $\frac{1}{3}$ serving = $\frac{1}{4}$ cup or $\frac{1}{3}$ ounce, whichever is less
<p>¹ Allowed only for SFSP snacks. The USDA recommends not serving grain-based desserts more than twice per week.</p> <p>² Allowed only for SFSP breakfast and snacks. The USDA recommends not serving grain-based desserts more than twice per week.</p> <p>³ Breakfast cereals (ready-to-eat (RTE) and cooked) must be whole-grain, enriched, or fortified. For more information, see the CSDE's handout, <i>Crediting Breakfast Cereals in the SFSP</i>. Breakfast cereals may be served in meals other than breakfast.</p>	

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Resources

Administration Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/sfsp/SFSP_Admin_Guide_Sept2016.pdf

Calculation Methods for Grains/Breads Servings in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/GrainCalculationsSFSP.pdf>

Crediting Enriched Grains in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditEnrichedGrainsSFSP.pdf>

Crediting Foods in the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents>

Crediting Whole Grains in the SFSP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/CreditWholeGrainsSFSP.pdf>

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grains/Breads Component for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program/Documents#GrainsBreads>

Grains/Breads Component of the Summer Food Service Program Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/CreditingSFSP/ComponentGrainsBreadsSFSP.pdf>

Meal Patterns for the SFSP (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Summer-Food-Service-Program#MealPatterns>

Menu Planning for Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Menu-Planning>

Nutrition Guide: Summer Food Service Program (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/USDA_SFSP_NutritionGuide.pdf

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Document_Grains_Breads_Servings.pdf

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks: Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Samples_Grains_Breads_Servings.pdf

Product Formulation Statements (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/PFS.pdf>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

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For more information, visit the CSDE's [Crediting Foods in the SFSP](#) webpages, or contact the [Summer Meals Staff](#), Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at <https://portal.ct.gov/-/media/SDE/Nutrition/SFSP/MealPattern/ServingsGrainsBreadsSFSP.pdf>.

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